

## Child and Adult Care Food Program

Welcome to the August edition of the Michigan Department of Education (MDE) Child and Adult Care Food Program (CACFP) Monthly E-Newsletter. If you need additional guidance or information between newsletters, visit the [MDE CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) or call the CACFP office at 517-373-7391. MDE will send out time-sensitive information immediately as necessary. Please feel free to share the information with your families.

### **New Operational Memorandum**

The complete list of operational memorandums can be accessed at the [MDE CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) under Operational Memorandums.

- [Fiscal Year \(FY\) 2017 Child and Adult Care Food Program Application Certification](#) (Operational Memorandum #15 – Centers; #14 - FDCH). This operational memorandum announces the date MEGS+ certification was expected to be available, how to access MEGS+, and the due date for FY 2017 application certification.
- [News Media Release – Income Eligibility Guidelines](#) (Operational Memorandum #16 – Centers; #15 - FDCH). This operational memorandum announces the Income Guidelines for National Free and Reduced Priced Meals for Schools and the Child and Adult Care Food Program established by the United States Department of Agriculture (USDA) effective July 1, 2016 through June 30, 2017.
- [The Use of Share Tables in Child Nutrition Programs](#) (Operational Memorandum #17 – Centers; #16 - FDCH). This operational memorandum discusses the use of “share tables” as a strategy to encourage consumption of healthy foods in child nutrition programs.
- [Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern](#) (Operational Memorandum #18 – Centers; #17 - FDCH). This operational memorandum outlines the optional best practices included in the CACFP Meal Pattern Final Rule and clarifies that these best practices are suggestions only and not requirements for meal reimbursement.

### **What's New!**

#### **New Nutrition and Wellness Tip Sheets!**

The [Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program](#) (<http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>) has two new Nutrition and Wellness Tip Sheets available.

- *Supplement D: Create a Positive Meal Environment* gives great ideas on how to make meal times more enjoyable for everyone.
- *Supplement E: Support Family Style Meals* provides information on family style meals and the benefits this Best Practice offers to both child care providers and the children in their care.

You can order the USDA's entire *Nutrition and Wellness Tips for Young Children* by completing the [Resource Order Form](http://pueblo.gpo.gov/TN/TNPubs.php) (<http://pueblo.gpo.gov/TN/TNPubs.php>) on the USDA Team Nutrition's website or you can download the tip sheets individually.

### **Opportunity to pilot activities to promote child health and well-being in Detroit**

The Child Health Incubator Research Project (CHIRP) is a learning community with innovative programming rooted in a holistic, justice-centered approach to eliminating childhood obesity and promoting child health and well-being. The partners in CHIRP are: Building Movement Project, Creative Community Pathways, Detroit Black Community Food Security Network, East Michigan Environmental Action Council, Freedom Growers, Just Creative, People's Kitchen Detroit, and Michigan State University Extension Health and Nutrition Institute.

The partners have developed programs and workshops intended to educate and empower youths, their families, and their communities through urban farming, healthy cooking classes, food media workshops, family fun and fitness activities, garden art programs, community dinners, nutrition and environmental education. The CHIRP Research Teams have evaluated the partners' work, identified successful programming, and created curriculum materials to share. They are now looking for groups to help test these materials to assist other organizations achieve similar success. **If you are a parent, teacher, or organization in Detroit who works with children, parents, or families, and you are interested in promoting child health contact:**

Jennifer Kautz, CHIRP Dissemination Coach, at 313-338-3076 or [kautzjen@anr.msu.edu](mailto:kautzjen@anr.msu.edu) OR Kerry Vachta, CHIRP Principal Investigator/Project Director, at 313-782-4615 or [vachtake@anr.msu.edu](mailto:vachtake@anr.msu.edu). The [CHIRP application](http://goo.gl/forms/zKSC5DcwsuiqXL2w1) (<http://goo.gl/forms/zKSC5DcwsuiqXL2w1>) is also available online.

### **Early Implementation of the New Healthy CACFP Meal Pattern**

The USDA released the final rule on the CACFP Meal Pattern on April 25, 2016. Those operating the CACFP, National School Lunch Program (NSLP), and School Breakfast Program (SBP) must comply with the updated meal pattern requirements no later than October 1, 2017. The updated meal pattern strengthens the nutritional quality of the meals served and better addresses the dietary needs of the CACFP participants. Since the final rule was published, many institutions have expressed their interest to MDE in early implementation of the healthier new meal pattern requirements. MDE knows that early implementation prior to October 1, 2017 will benefit institutions by allowing them to phase in the new requirements over the next year. Many of our participants already serve whole grains, unflavored low fat or skim milk, and limit added sugars and juice.

MDE is currently reviewing guidance received from the USDA on early implementation and will update our institutions by operational memorandum as new guidance and resources become available. Until that time, no meal pattern changes that are not consistent with the current meal pattern can be implemented until further guidance is provided by MDE.

Trainings on the new meal pattern will be available at later dates to inform all institutions about the required meal pattern and early implementation.

### **Focus on CACFP-New Meal Pattern – Changes You Can Make Now**

CACFP institutions may begin implementing updated meal pattern requirements and the updated National School Lunch Program (NSLP), and School Breakfast Program (SBP) meal pattern requirements that are consistent with the current meal pattern. These updated meal pattern requirements include:

- Serving one whole grain or whole-grain rich item each day
- Limiting 100% juice to one serving per day
- Limiting added sugar in cereals by serving cereals with 6 grams of Total Sugar per serving

- Limiting added sugar in yogurt by serving yogurt with 23 grams of Total Sugar per 6 ounces
- Discontinuing serving flavored milks
- Discontinuing serving grain based desserts such as cookies, cupcakes, breakfast pastries, and granola bars for the grain component

Additionally, there are *optional* **Best Practices** the USDA developed that build upon the meal pattern and highlight areas where institutions can take steps to improve the nutritional quality of meals they serve. MDE and the USDA encourage institutions to implement any of Best Practices such as those listed below (not inclusive) to ensure children and adults in care are benefiting from the meals they receive.

- Support mothers to breastfeed their infants by encouraging them to supply breastmilk for their infants while in care and providing a quiet, private area if they choose to breast feed on site
- Make one component of a snack a fruit or vegetable
- Serve whole fruits and vegetables more often than juice
- Include one serving or more of dark green, red, and orange vegetables each week
- Include one serving or more of legumes (beans and peas), starchy vegetables, and other vegetables weekly
- Serve at least two servings of a whole grain rich grain each day
- Serve only lean meats and limit serving processed meats to no more than one time per week
- Only serve natural cheese and choose low or reduced fat cheeses.

### **CACFP Trainings**

The CACFP application re-certification and budget worksheet training schedule has been released. It is available on the MDE CACFP website ([www.michigan.gov/cacfp](http://www.michigan.gov/cacfp)) under Training. Attend one of these sessions if you like hands-on, in-person assistance on completing your CACFP application re-certification and/or budget worksheet from CACFP staff! Many prior attendees say these sessions are very beneficial as they get their application re-certification and/or budget questions answered and even completed that day! It is highly recommended to bring a personal laptop and any documentation needed to work on your application re-certification and/or budget worksheet to maximize time.

Registration is required for these workshops as seating is limited. Individuals registering for CACFP workshops/trainings must create an account on the Eventbrite website. The registration process is posted on the MDE CACFP website ([www.michigan.gov/cacfp](http://www.michigan.gov/cacfp)) under Training. Remember to save your Eventbrite account information for future use as CACFP staff will not have access to this information. NOTE: You are not required to bring your Eventbrite "ticket" to the workshop to attend. *CACFP RESERVES THE RIGHT TO CANCEL WORKSHOPS DUE TO LOW ENROLLMENT.*

**Please note:** Schools participating in CACFP that operated a successful National School Lunch Program (NSLP) in Fiscal Year (FY) 2016 **are not required** to complete budget worksheets and the full Management Plan for FY 2017 as part of their CACFP application. These schools therefore **do not** need to attend the CACFP budget workshop.

Upcoming in-person dates for Meal Pattern and Recordkeeping training sessions or on-line trainings webinars are available on the MDE CACFP website ([www.michigan.gov/cacfp](http://www.michigan.gov/cacfp)).

### **Meet Up and Eat Up! Help Spread the Word about the Summer Food Program**

You can help make sure no child goes hungry this summer. The Summer Food Service Program (SFSP) helps to ensure that children continue to receive nutritious meals when school is not in session. This summer, the USDA plans to serve more than 200 million free meals to children 18 years and under at approved SFSP sites (<http://www.michigan.gov/meetupeatup>) near you.

### **Farm to School/Early Childhood**

**Michigan Farm to School awards 26 grantees with local purchasing efforts in early childhood programs and schools.** The Michigan Farm to School Grant Program ([http://foodsystems.msu.edu/activity/farm\\_to\\_school/mi-fts-grant](http://foodsystems.msu.edu/activity/farm_to_school/mi-fts-grant)) is a competitive statewide grant program that awards early childhood programs and K-12 schools/districts with funds to plan for and implement local food purchasing. The Michigan Farm to School Grant Program has granted nearly \$160,000 over seven years to support local food purchasing throughout the state.

In the 2016-2017 grant year, grantees in 14 early childhood programs and 12 K-12 schools/districts will help support nearly 24,000 children in accessing fresh, local food through farm to school programs. These grantees represent 13 counties and include both rural and urban K-12 districts, charter schools, family day care homes, Head Start and Great Start Readiness programs, child care centers, and a residential child care institute.

While the end goal is to increase its purchasing of local food, each grantee is going about it in a uniquely different way. Grantees this year are aiming to:

- Develop and strengthen relationships with local growers
- Increase local milk purchasing
- Increase sourcing of locally raised proteins
- Host farm to school events such as the Michigan Apple Crunch (<http://cherrycapitalfoods.com/michigan-apple-crunch>), Cultivate Michigan (<http://www.cultivatemichigan.org/>) featured food days, Farm to School Month (<http://www.farmtoschool.org/our-work/farm-to-school-month>), and other celebrations of local food
- Engage new community partners to build strong farm to school teams
- Increase storage capacity for locally grown foods
- Train staff in seasonal menu development and fresh food preparation

A list of the current and past grantees can be found on the MI Farm to School webpage ([http://foodsystems.msu.edu/resources/mi\\_farm\\_to\\_school\\_grantees](http://foodsystems.msu.edu/resources/mi_farm_to_school_grantees)).

### **Save the Date!**

#### **Michigan Apple Crunch 2017 – A celebration of Michigan Apples!**

October 13, 2016, is the 4<sup>th</sup> annual Michigan Apple Crunch! The Michigan Apple Crunch is a one-day event where everyone is encouraged to CRUNCH into a Michigan grown apple in celebration of local and delicious food. The Michigan Apple Crunch happens alongside the Great Lakes Regional Crunch, with early childhood programs and K-12 schools and districts all over Wisconsin, Illinois, Minnesota, Ohio, and Indiana crunching with Michiganders! Last year, 400,000 Michiganders participated and we need YOU to help make this the biggest crunch ever!

Early care and education programs can add to the day by incorporating apple education, taking a field trip to an apple orchard, or having activities throughout the day that celebrate apples. Let's make this our best year ever. Sign up to participate in the 2017 Michigan Apple Crunch on the Cherry Capital Foods 4<sup>th</sup> Annual Michigan's Apple Crunch! Website (<http://cherrycapitalfoods.com/michigan-apple-crunch>). The

Cultivate Michigan website (<http://www.cultivatemichigan.org/featured-foods/foods/apples>) has tips on finding local apples. Check out the Michigan Apples website (<http://www.michiganapples.com/Just-for-kids/Kids-Activities>) for apple activities and education, and ideas for apple events. And be sure to follow the Michigan Apple Crunch (<https://www.facebook.com/miapplecrunch/?fref=ts>) and Great Lakes Great Apple Crunch (<https://www.facebook.com/GreatLakesGreatAppleCrunch/>) Facebook pages for updates and to see what other CRUNCHers are doing throughout the state and region.

### **Save the Date!**

The **2016 SNAM Annual Conference and Exhibit Show** will be held October 27, 2016, through October 30, 2016, at the Edward Village – Michigan (formerly the Royal Dearborn Hotel and Convention Center) in Dearborn, Michigan. The theme of the conference is “The Times They Are a Changin’ in School Nutrition.” MDE CACFP will be presenting a session on the new meal pattern. To view the 10 things to do during the conference, visit the School Nutrition Association of Michigan (SNAM) website (<http://michigansna.org/meetinginfo.php?id=211>).

Thank you for all the work you do to provide healthy meals to Michigan’s children and adults while they are in care.